

A human heart is shown on a stand, with a red overlay covering the entire image. The heart is positioned in the center-left of the frame, and its major blood vessels are visible. The red overlay is semi-transparent, allowing the heart's structure to be seen while creating a strong visual impact.

# **8 Risk factors of heart disease in diabetics**

Dr. Pratim's Academy  
[savekidney.spayee.com](http://savekidney.spayee.com)



Nearly **500 million** people worldwide are suffering from diabetes. **Every 8 second 1 person is dying** due to diabetes and diabetes-related complications. 68% of diabetics die of heart disease. People with diabetes are **3 times more likely to die of heart disease**.

- Do you know the diabetes-related complications in the heart start 7 years prior to the onset of diabetes?
- Do you know the reason why the heart becomes sick in diabetes?
- What are the symptoms of heart disease?
- How will you know that your heart is okay or not?
- Do you know how to protect your heart if you are diabetic?

- Dr.Pratim Sengupta

- ☐ **Poorly controlled blood sugar:** One of the major risk factors of heart disease is long-standing uncontrolled hyperglycemia.
- ☐ **High Blood pressure:** Uncontrolled blood pressure is another major risk factor of heart disease in diabetics. A blood pressure must always be targeted to keep below 130/80
- ☐ **Dyslipidemia:** High blood cholesterol level is a risk factor for the development of heart disease. Target LDL cholesterol must be less than 100 mg/dl and HDL chole must be above 40 mg/dl.
- ☐ **Obesity:** Unhealthy body weight is a major cause of heart attack in diabetics. Central obesity i.e accumulation of fat around the belly and trunk increases the risk for the development of heart disease in diabetics
- ☐ **Autonomic Neuropathy:** Diabetics are prone to develop autonomic neuropathy which in turn increases risk of development of heart disease
- ☐ **Smoking:** Diabetics who are smokers are at increased risk of heart disease. Smoking constrict the blood vessels resulting in development of plaques and blockade of the blood vessels of the heart
- ☐ **Lack of Exercise:** It is found that a sedentary lifestyle increases risk of heart disease in diabetics. Exercise has a beneficial role in prevention of heart disease
- ☐ **Family history of heart disease:** The risk of heart disease in diabetics is more if there is a family history of heart disease in his/her family.



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Visit: [savekidney.spayee.com](http://savekidney.spayee.com)

# Want to know more about diabetes and heart disease?

I am conducting around the clock **FREE live webinar on diabetes and heart disease**. In this webinar, I am going to discuss all the questions mentioned here. I am also going to tell you how you can protect your heart if you have diabetes. If you want to safeguard yourself and your family members from diabetes-related heart disease, **join my webinar now**.

Click the link below to join and it is absolutely FREE!!!

~Regards Dr.Sengupta

[Click Here to Join the FREE webinar now](#)

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